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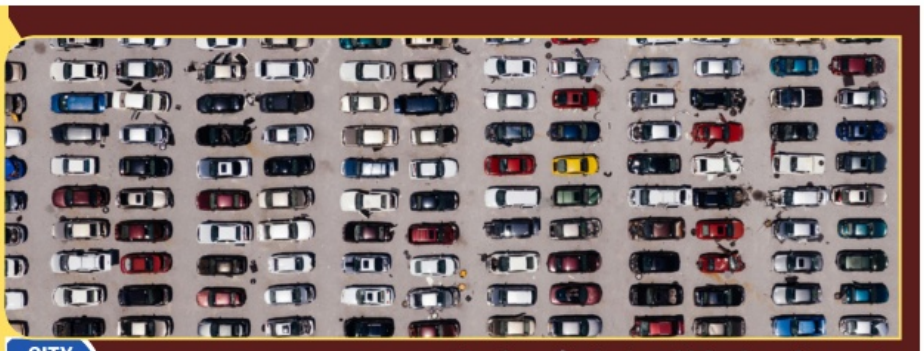
Bangalore Mirror

TEMP Max 28 | Min 19 | Humidity 87% Partly cloudy sky Sensex 76,499 | Nifty 23,176 | Gold 79,460 | Silver 92,500 | Dollar 86.63 | Euro 89.30 | GBP 105.65



CITY PAGE 3

Motor heads Number of private vehicles keep increasing in city as public transport systems falter and infra focus remains skewed

Deep thought High-tech water resource monitoring system to track key parameters like water depth and extraction rates in city

CITY PAGE 4

Bengaluru's lakes are the gems that add glitter to the city landscape. In this series, we look at how apathy of authorities has caused these beauties to slide into slime. Today we focus on Kommaghatta Lake

SLUDGE HAMMER

Untreated sewage flowing in; idol immersion pond left unclean

BM STANDS FOR CITY OF LAKES

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> **"It has become difficult for us to cope with bad odour from the stagnant water in the lake. Though we can manage during monsoon, it is too tough during winter and summer** — Asha Kiran S, RWA president

Residents of Kommaghatta and surrounding villages are finding it tough to cope with bad odour emanating from Kommaghatta Lake that is overflowing with sewage, garbage and weeds. The residents have been running pillar to post seeking a solution to the problem on a permanent basis, but have failed so far. As usual, the authorities concerned are either busy playing blame games or giving false assurances over the years.

The residents have urged the authorities to fix the problem – stop sewage entering into the lake – before it becomes a health hazard. "We have met the authorities and submitted a memorandum and written letters requesting them to stop sewage entering the lake but nothing has been done. It has become difficult for us to cope with bad odour from the stagnant water in the lake. Though we can manage during monsoon, it is too tough during winter and summer," said Asha Kiran S, president, SMV Layout 2nd Block Lakeside Residents' Welfare Association, Kommaghatta, Kengeri.

Demanding the authorities ensure the lake is free from sewage and garbage, Harish Kumar V, a resident of Kommaghatta, said that he cannot even open his home doors or windows due to stench from the lake. "We have requested the authorities to stop sewage entering into the lake. We have also appealed to Sulikere Gram Panchayat officials to fix it but nothing has been done to mitigate our woes. The need of the

CONTINUED ON PAGE 8 »

Shock after child's rape & murder

Police data reveals rising rape cases in city; experts call for strong prevention measures

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The horrific rape and murder of a six-year-old at an under-construction building in Vinayaka Layout has created a sense of alarm in the city. The child, a Nepali national, was the daughter of a security guard couple employed at an under-construction building in the area.

The accused, identified as Abhishek (25) from Bihar, allegedly lured the child into the building late at night to a secluded place where he raped her leading to her death. The crime was discovered by the victim's parents, who immediately raised an alarm. Enraged locals apprehended the accused and handed him over to the Ramamurthy Nagar police. A case

CONTINUED ON PAGE 8 »

INSIDE» PG 5 Unsafe space

THINGS TO DO

01 Divine melodies

Join a spiritually enriching day at the Sadguru Sri Thyagaraja Aradhana and Sangeethotsava. Experience divine Pancharatna Kruthi Goshti Gayana, mesmerising vocal and instrumental performances. Immerse yourself in the legacy of Sri Thyagaraja Swamy with renowned musicians, dignitaries, and divine blessings.
Where: Sri Sringeri Shankara Matha, Shankarapuram
When: January 18

02 Creative fusion

Discover the essence of Indian craftsmanship at the Tarasha Craft Exhibit 2025, presented by Titan Company Ltd. Explore exquisitely handcrafted treasures, experience live demonstrations, attend craft workshops, and engage in insightful panel discussions. Immerse yourself in the vibrant fusion of tradition and innovation.
Where: Bangalore International Center (BIC)
When: January 16–19

03 Musical soiree

Nadasurabhi presents a soulful vocal concert by young Karnataka artist Vivek Sadasivam, accompanied by senior musicians. Enjoy a musical experience with special seating arrangements for elders and those with mobility issues. Entry and parking are free.
Where: St John's Medical College
When: January 19, 4:15 pm

04 Literary insight

Join Pradeep Damodaran and Subir Dey for an insightful conversation on Pradeep's latest book, 'In Pursuit Of Freedom'. This genre-bending work explores critical issues such as religion, economic disparity, gender, environment, and politics, blending elements of travelogue, history, and current affairs.
Where: Champaca Bookstore
When: January 18, 5 pm

Green twist to traditional Sankranti celebrations

HSR Citizen Forum brings Sankranti to life, blending cultural practices with sustainability; event features cooking Pongal on firewood, Kolata performances

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Celebrations elsewhere: (Above) Bull jumping over the fire wall; (below) Women join mass pongal celebration

The HSR Citizen Forum brought the essence of a traditional village Sankranti celebration to the city at Swachagraha Kalika Kendra, Sustainability Training Centre, on Tuesday. The event combined culture and sustainability, offering a memorable experience for residents, especially children.

The celebration recreated rural charm with activities like cooking Pongal on firewood, Kolata performances, Bhagavad Gita chanting, and Bharatanatyam. The lush green surroundings of the Kalika Kendra provided the perfect backdrop for the harvest festival.

A unique aspect of the event was the worship of harvested crops and compost from the Kendra, highlighting the significance of respecting nature and promoting sustainable practices. "We wanted to celebrate Sankranti in a way that connects people to their roots while emphasising sustainability. The worship of the harvest and compost symbolises our gratitude to nature," said BN Ratnakar, a member of the HSR Citizen Forum.

The celebration also featured cow worship, where cows were bathed, decorated, and fed. Children delighted in interacting with the cows and playing with the calves, making the event both joyful and educational.

In line with the Forum's commitment to eco-friendly practices, prasad was served in reusable steel plates, which were cleaned with bio-enzyme prepared at the centre. This practice reinforced the message of sustainability and zero waste.

Speaking about the event, BN Ratnakar added, "Our aim was to bring the spirit of traditional community celebrations into an urban setting. Events like these help residents reconnect with their cultural roots while promoting eco-conscious living."

The Sankranti celebration was well-received by attendees, with many expressing appreciation for the effort to revive age-old traditions. The HSR Citizen Forum hopes to make such events a regular feature, inspiring more communities to adopt sustainable practices in their festivities.

> **"Event showcases how modern urban spaces can preserve and celebrate traditions while being mindful of environment, leaving attendees with joy, nostalgia and evironmental awareness**–Raj, Ploggers Army

Raj from Ploggers Army said, "The event showcased how modern urban spaces can preserve and celebrate traditions while being mindful of the environment, leaving attendees with a sense of joy, nostalgia, and environmental awareness."

Art without limits: Explore, create, and experiment

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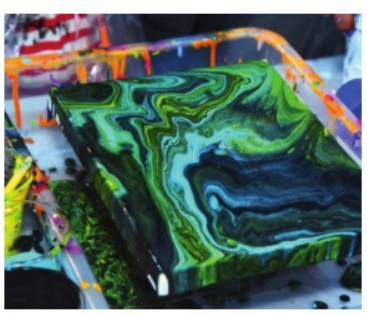
For those looking to venture into a new avenue, rather than the usual drinks and dining on weekends, 'That Place for Art' has opened its door. The art studio has become a safe space for those without any artistic intuition to explore their creative impulses.

Apoorva, one of the founders, in conversation with Bangalore Mirror, highlighted the lack of spaces in the city that allow one to deep dive and survey their creative side. "There is often a presumption that experimenting with art requires a basic level of certain skill sets. It is considered a task that necessitates commitment. We wanted to create a space where people can come in and work on their art without a hassle, to have fun. People tend to forget that art is forgiving and not restrictive," she said. She noted in the past five months since they opened their doors with co-founder Rohan, people of all ages have tried their hands at the various activities they have curated.

"We once had a 75-year-old woman visit us and spend her birthday shooting paint balloons to create abstract art. We have children come in to paint t-shirts with their favourite motifs. We have also come to notice our female visitors are surprisingly very good at shooting paint balloons," she said, adding that the journey so far has been a learning curve.



Art studio helps people delve into their creative side

Apoorva explained that as one begin their adult life and careers, they forget to spend time with themselves and nurture their imaginative capabilities, and there is a desperate need to fill the gap.

That Place for Art stands as an inviting creative hub in JP Nagar, offering an extensive selection of artistic activities. From the energetic balloon paint shots painting sessions to peaceful t-shirt decorating workshops, they provide experiences that inspire creativity and create lasting memories. The space serves as an ideal venue for parties, corporate team activities, or individual artistic pursuits. One can delve into fluid art, T-shirt painting, glass painting, tote bag painting, texture work, bottle painting and blue pottery work.

Karthik and Anagha, a couple who have been consistently visiting the space said that since the activities can be customised to one's particular liking, the experience is entirely different from that of other art activities in the city. "A generic theme is not forced upon their visitors like that of other paint workshops, where the participants are told to recreate and follow a particular set of instructions. Rather, one is encouraged to explore their interests. This is what makes the difference. The art you intend to create will depend on you," Karthik said, adding that the art studio has become their go-to spot for spending quality time together, despite him not having any artistic intuition. Karthik shared that the art studio is where he proposed to Anagha.

Sadeem, the experience manager at That Place for Art said that each artwork is unique in its distinctive way and there's no right way to create abstract art. One can visit their social media pages for more details.

B'luru sees 9% spike in pvt vehicle registration in '24

6.44L vehicles hit the road last year; experts say it is due to patchy public transport

Between January and December 2024, over 6.44 lakh private vehicles, including two-wheelers, cars, etc were registered

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In 2024, Bengaluru witnessed a considerable surge in the registration of new private vehicles. According to new vehicle registration data from the Karnataka Transport Department, the city has registered a 9% surge in private vehicle registration in 2024 compared with 2023.

Between January and December 2024, over 6.44 lakh private vehicles, including two-wheelers, cars, tractors, private service vehicles, etc were registered, in comparison to 5.90 lakh vehicles in 2023.

Registration of private two wheelers has gone up by more than 13% and overall vehicle (transport and non-transport) registration has increased by nearly 12%. Currently, the total number of vehicles on Bengaluru roads makes it among the most congested in the country.

Public transport lacking

Mobility experts in the city blame this surge on the pitiable public transport system of Bengaluru followed by the strong backing for road infrastructure projects. They opine that the lack of last-mile connectivity in the case of existing public transport systems and the slow pace of mass transit projects are forcing people to look for personal mobility options.

"On the one hand, the government and city administration are not willing to move fast on an efficient and extensive public transport system, all measures are being taken to fast track the road network. While flyovers, road widening, and white topping projects are getting announced, approved, and completed in short periods, the public transport networks are delayed. Probably the idea is to encourage private vehicles to gain revenue," said a mobility expert.

> **"The government and administration are not willing to move fast on the public transport system, but all measures are being taken to fast track the road network** –Mobility expert

Shift of focus

Experts say the need of the hour is to divert all existing resources towards development and improvement of the public transport system with a focus on creating a dense mass transit rail network. The suburban rail project, currently moving at a snail's pace, should be fast-tracked, BMTC buses should be revamped by improving frequency, and metro construction should be accelerated. Moreover, future flyovers, road widening and tunnel road proposals should be shelved.

These projects should be taken up only after public transport options are saturated.

Restrictive policies on ownership and registration of personal vehicles should be brought in along with the fast-paced development of the public transport system, say experts.

"The surge in the number of private vehicles and overall vehicles on the road is also causing emission of toxic gases and particulate matter, impacting the health of the citizens. This trend of increase in private vehicles should be immediately reversed to improve quality of life," said a healthcare expert.

Micro drizzles and chill: Unusual January Weather

Bengaluru has been experiencing an unusual chill this January, attributed to persistent cloudy weather. Dr. N Puviarasan, a scientist at the Indian Meteorological Department (IMD), explained, "A cyclonic circulation over the Comorin area and its neighborhood now lies over the Southeast Arabian Sea and the adjoining equatorial Indian Ocean at 0.9 km above mean sea level."

Micro drizzles

A weather update from Namma Karnataka Weather on the X portal reported another cloudy morning in Bengaluru, with a few areas witnessing micro drizzles earlier in the day. "Below 10°N, rainbands can be observed, resulting in heavy rains over Sri Lanka. Circulations in the Southeast Arabian Sea are generating broad-based rain clouds," the update noted. "Tuesday's weather is expected to remain cloudy, while Wednesday and the day after may see partially cloudy skies. Another disturbance is anticipated to approach the Tamil Nadu coast and Sri Lanka by Saturday, which could generate additional cloud cover across South Interior Karnataka this weekend. A clear weather pattern is expected to emerge after January 21.

Forecast

Dr. Puviarasan mentioned that Bengaluru is expected to have partly cloudy skies, with temperatures likely to range between a maximum of 28°C and a minimum of 20°C. Over the next 48 hours, the city will continue to experience similar weather conditions, with the maximum temperature predicted to reach 29°C and the minimum staying around 20°C. –BMB

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A JUDGEMENT ERROR
PREMIERE
24TH JAN, 9:00PM

Lillete Dubey's
AUTOBIOGRAPHY
PREMIERE
25TH JAN, 3:00PM

Atul Kumar's
BAAGHI ALBELE
PREMIERE
25TH JAN, 8:00PM

Ashvin Gidwani's
THE SCENT OF A MAN
PREMIERE
26TH JAN, 2:00PM

Makarand Deshpande's
PIYAKKAD
PREMIERE
26TH JAN, 8:00PM

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Smart sensors keep track of city's groundwater levels

BWSSB introduces IoT-powered water resource monitoring system in B'luru, to track key parameters like water depth and extraction rates; this initiative aims to ensure long-term resource sustainability

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As summer approaches, Bengaluru often grapples with drinking water shortages, particularly in its peripheral and central areas. To mitigate this recurring issue, the Bangalore Water Supply and Sewerage Board (BWSSB) has taken steps by introducing a technology-driven groundwater monitoring system.

A BWSSB official said, "Last year's rainfall deficit led to a severe drinking water crisis, with groundwater levels plunging and thousands of borewells drying up. Out of the 16,000 borewells under the purview of BWSSB and BBMP (Bruhat Bengaluru Mahanagara Palike), nearly 5,000 became non-functional. This prompted acute water shortages in several parts of the city, including its core areas. Drawing lessons from this, the BWSSB has now decided to roll out a robust groundwater monitoring system before the onset of summer to ensure better water management."

BWSSB partners with IISc to monitor groundwater using IoT sensors

Collaboration with IISc for monitoring

In collaboration with the Indian Institute of Science (IISc), the Central Ground Water Authority (CGWA) and the Karnataka Ground Water Authority (KGWA), the BWSSB has allocated ₹2 lakh for this initiative. The system employs IoT (Internet of Things) and smart sensor technology to collect and analyse data on groundwater levels and fluctuations throughout the year. IISc will oversee the installation and data analysis, enabling real-time insights into groundwater conditions. Last summer, a pilot implementation of this system in Chinnappa Garden demonstrated its effectiveness. Encouraged by these results, BWSSB plans to expand the system across the city to provide a comprehensive picture of groundwater availability.

Comprehensive groundwater insights

A BWSSB official said, "The new monitoring system will track various parameters, including groundwater depth, temperature, water extraction rates, rainfall, and atmospheric pressure. This data will help assess groundwater quality, predict drought conditions, and understand the impact of geological changes. The initiative aims to provide detailed insights into the groundwater health of different city areas, aiding in the formulation of sustainable water management strategies. With the data collected through IoT-based sensors, BWSSB will design plans to rejuvenate groundwater levels. This system will ensure transparency in water usage and support long-term groundwater sustainability."

> **New monitoring system will track various parameters, including groundwater depth, temperature, water extraction rates, rainfall, atmospheric pressure** –BWSSB official

BWSSB officials said that an agreement has been signed with IISc to conduct a study on groundwater conditions. The IoT-based sensors will enable us to monitor borewells, and the data collected will help us to improve groundwater levels.

FIRs loom for illegal advertisements across city

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BBMP (Bruhat Bengaluru Mahanagara Palike) Chief Commissioner Tushar Giri Nath has directed officials to file FIRs against individuals or entities responsible for putting up unauthorised advertisements within the BBMP jurisdiction. During a meeting recently, Nath stressed the need for strict action to prevent the installation of illegal advertisements across the city. He instructed officials to ensure that all unauthorised advertisements are promptly removed and FIRs are filed against those responsible. Additionally, measures must be implemented to prevent such activities in the future.

BBMP Commissioner orders removal of unauthorised ads and file FIRs against offenders

Bringing properties under tax net

The Chief Commissioner also highlighted the importance of identifying properties that have been left out of the property tax net. He directed officials to conduct a thorough survey within their respective zones to identify such properties and bring them under the tax ambit.

Mechanism to resolve community animal issues

The BBMP's Animal Husbandry Department has introduced a more streamlined system through the 1533 helpline to address community animal-related issues efficiently and promptly. Vikas Kishore Suralkar, Special Commissioner for Animal Husbandry, announced this initiative, emphasising the importance of improving coordination with citizens and resolving complaints within a defined timeframe.

Addressing disorganised communication

He said that previously, citizens raised their concerns through multiple channels like WhatsApp groups, Facebook, emails, or direct calls to assistant directors. This fragmented approach caused delays, frustration, and challenges in maintaining records. To address these inefficiencies, the BBMP has launched an integrated helpline that offers a centralised platform for resolving grievances in an organised and reliable manner.

Expanded scope of services

The 1533 helpline now caters to a broader range of issues. In addition to handling common complaints such as animal birth control (ABC), anti-rabies vaccination (ARV) requests, and stray dog bites, the helpline also resolves problems like harassment faced by animal feeders, animal cruelty, and regulation and licensing of pet shops, breeders, and meat shops. This expanded scope ensures comprehensive support for citizens. The BBMP has urged citizens to make full use of this upgraded system by logging their requests only through the official platforms. This ensures transparency and accountability while providing a better experience for the public

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Trash trouble
Neelasandra

Piles of trash near Infant Jesus Church in Neelasandra have become a feeding ground for stray cattle, raising concerns about waste management in the area.

Sewage overflow
Austin Town

Sewage water has been overflowing on Linden Street, Austin Town, for months. Despite multiple complaints, authorities have taken no action.

Footpath woes
Yelahanka

The footpath near Tirumala Dhaba, opposite KPN Fresh in Attur, Yelahanka, is in poor condition and has become unusable, causing major inconvenience to pedestrians.

The plot has really thickened

Near spot where child was raped, is a piece of land that has been allowed to go to the weeds. Citizens demand space be cleaned up, for safety reasons

The vacant land at Vinayakanagar that has turned a dumping ground and booze party spot

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On Tuesday, a grim silence pervaded around Vinayakanagar. A few residents of the area had gathered to condole the death of a six-year-old girl, who was killed nearby. While the Bruhat Bengaluru Mahanagara Palike (BBMP) has announced penalties for vacant lands where garbage is accumulated in accordance with Solid Waste Management Rules and the BBMP Act 2020, several areas in the city are overgrown with weeds and trash -- creating unsafe spaces.

One such plot at Vinayakanagar that looks like a mini forest is just 50 metres away from where the heinous crime took place. The land is situated opposite Anjaneya Temple, 3rd Main of Hoysalanagar. The residents who had gathered to condole the child's death, demanded that the BBMP officials take measures to clear the weeds and garbage from the three-acre land that is said to be a disputed piece of property.

The BBMP had made the announcement in August 2024 that the zonal officers have to identify vacant lands that are not kept clean. However,

> **"There is no proper lighting around the vacant land that looks like a mini forest. It has become a dumping yard for all types of garbage**
>
> —Raghu B, resident of the area

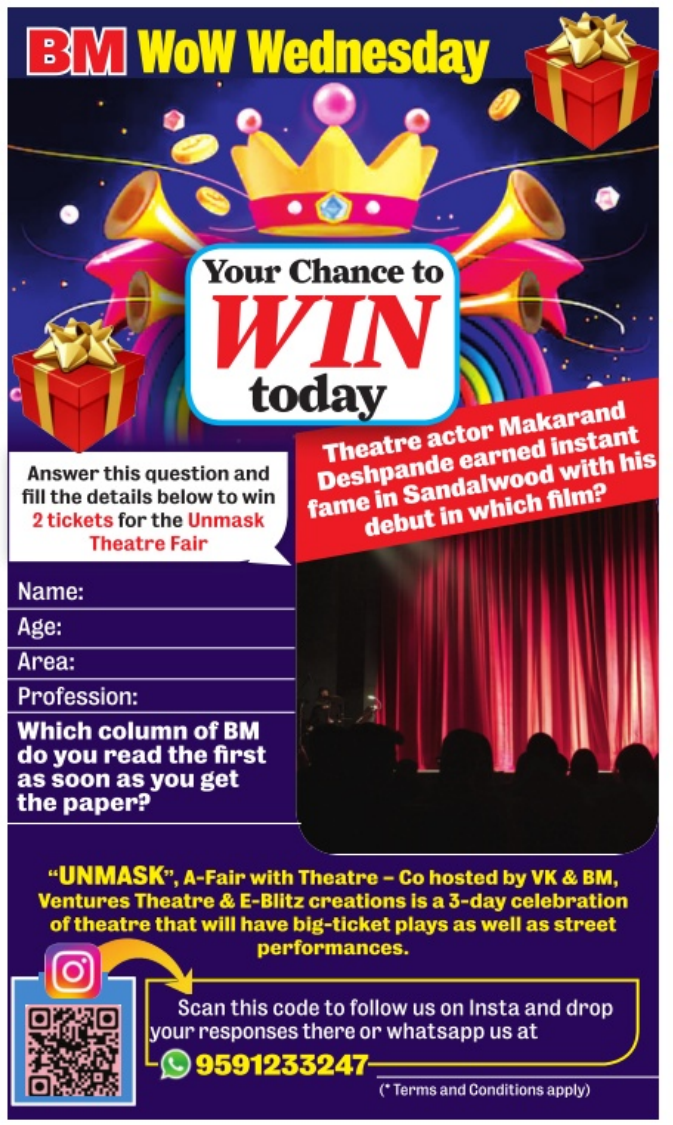
Mahadevapura Zonal officers have not issued a notice to the owners of the plot that has become a garbage dumping yard and destination for anti-social elements.

"There is no proper lighting around the vacant land that looks like a mini forest. It has become a dumping yard for all types of garbage. Many people park their vehicles near the site and it has become dangerous for residents to venture out at night. The authorities concerned must fix this problem to prevent any untoward incidents taking place in future," said Raghu B, vice president of Foyer Aimer Apartment Residents' Welfare Association.

The residents complain that some people have converted the place as a spot to booze. "I have been residing here for more than 15 years. The place has become a nuisance and eyesore for us. The authorities concerned must issue a notice to the land owner to keep the land clean," said Abhay Patil, a resident.

The residents said that they have been complaining to the BBMP all these years to ensure the land is free from garbage and nuisance. "Our concern is that this land which looks like a mini forest should not become a destination for committing crime. We have been raising the issue during the ward committee meetings but the authorities have done nothing till date. We will raise the issue in the next meeting," said Nageshwara Rao R, a committee member of Foyer Aimer Apartment Residents' Welfare Association.

Expressing a similar opinion, VP Krishna, Founder of KR Puram Constituency Association Welfare Federation, said there is a burial ground adjacent to the vacant land. "There is a dispute between the government and a private individual on the ownership of the land. Either the authorities or the property owner must fence the land off till the dispute is resolved. If the government wins the case, the land has to be converted into a park," Krishna said.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Robbery at knifepoint

A cloth merchant was threatened at knifepoint and robbed of ₹18,000 in KR Market area on Tuesday. The incident, which occurred amidst a busy crowd, was captured on CCTV footage around 8:45 am.

According to reports, the victim, Roop Singh, a cloth merchant from Rajasthan, was approached by a suspect wearing a black jacket. The man demanded money and brandished a knife to intimidate Singh. Fearing for his life, Singh handed over ₹18,000 in cash. The perpetrator then fled the scene on a two-wheeler.**BMB**

Fire at research centre

A fire broke out early on Tuesday morning at the Bio Innovative Research Centre located in the first phase of Anekal's Electronic City, resulting in damages worth lakhs of rupees. The incident occurred around 5 am on the second floor of the two-floor building. No casualties were reported as employees quickly exited the building upon noticing the blaze.

According to police officials, the fire is suspected to have been started in the laboratory as chemicals stored in the lab reacted to heat or interacted with other substances. **BMB**

HC dismisses criminal proceedings against Ragini

The Karnataka High Court has dismissed criminal proceedings against Kannada actress Ragini Dwivedi, who was previously arrested for alleged drug-related activities at social gatherings she and others had organised.

Justice Hemant Chandangoudar granted the petition submitted by Ragini (accused no. 2) and co-accused Prashant Ranka (accused no. 4). They faced charges under various sections of the Narcotic Drugs and Psychotropic Substances Act, 1985, alongside IPC Sections 120(B) and 201.

Upon reviewing the records, the court observed that the accusations against

the petitioners were based solely on statements from Accused No.16, who was both a co-accused and charge sheet witness.

The court determined that the prosecution lacked evidence to prove the petitioners' involvement in organising parties or drug distribution, beyond voluntary statements from co-accused and charge sheet witnesses. It concluded that continuing the proceedings would constitute misuse of legal process.

The initial complaint stated that Respondent No.2 (ACP, Anti-Narcotics Wing, Central Crime Branch) had information about drug consumption at gatherings attended by celebrities, DJs, software engineers, and others. Police filed an FIR in 2020, with the charge sheet submitted on June 8, 2021.

The allegations suggested that Accused No.1, being realtors and acquainted with Accused No.2-Ragini, introduced her to various individuals at drug-involved gatherings.

Additionally, accusations indicated that accused No.1, along with accused Nos. 2 (Ragini) and 16, used substances like Ecstasy pills at their organised events, specifically on July 5, 2020, July 8, 2020 and July 17, 2020. The court ultimately nullified the proceedings, whilst noting that this ruling would not prevent future prosecution "in accordance with law, in light of the observations made in WP.No.1983/2023." **—BMB**

Vijay Karnataka & Bangalore Mirror felicitate exceptional doctors who have made groundbreaking contributions to healthcare sector

Recognising Excellence in Healthcare Innovation and Service

Prominent personalities such as Minister for Health and Family Welfare Dinesh Gundu Rao, Minister of Medical Education and Skill Development Dr. Sharan Prakash Patil, well-known actor and director Ramesh Aravind, Dr. H Sudarshan Ballal (Chairman of Manipal Hospitals), Deepak Saluja (CEO of Bangalore Mirror and Vijay Karnataka) and Sudarshan Channangihalli (Editor of Vijay Karnataka) attended the 'VK-BM Health Excellence Awards' held recently

In a grand and illustrious programme organised by Vijay Karnataka and Bangalore Mirror, exceptional doctors who have made groundbreaking contributions to the healthcare sector were awarded the prestigious 'VK-BM Health Excellence Awards' recently.

The event, held at a private hotel was graced by prominent personalities, including Minister for Health and Family Welfare Dinesh Gundu Rao, Minister of Medical Education and Skill Development Dr. Sharan Prakash Patil, well-known actor and director Ramesh Aravind, Dr. H Sudarshan Ballal (Chairman of Manipal Hospitals), Deepak Saluja (CEO of Bangalore Mirror and Vijay Karnataka) and Sudarshan Channangihalli (Editor of Vijay Karnataka).

The programme honoured Dr. Y.L. Rajashekar, Medical Director and Founder of Shekar Eye Hospital, Padma Shri Dr. Kamini Rao, Co-Founder and Chairman of Dr. Kamirao Hospitals, and Dr. Mohan Keshavamurthy, Director of Urology, Uro-Oncology, Andrology, Transplant, and Robotic Surgery at Fortis Hospital, with the Lifetime Achievement Award for their outstanding contributions to the healthcare field. In addition, 31 other doctors were recognised with the prestigious VK-BM Health Excellence Award for their exemplary work. The event provided a platform to celebrate, commend, and acknowledge the true heroes of the healthcare and wellness sector.

Dinesh Gundu Rao
Minister of Health and Family Welfare
"Bengaluru is rapidly establishing itself as a global healthcare hub, and to bolster this growth, the KWIN-City is being developed across a sprawling 5,000-acre area. This development will place a strong emphasis on advancing both the education and healthcare sectors. As part of the state's commitment to improving healthcare services, the Home Health Scheme has been introduced, bringing essential healthcare services directly to residents' doorsteps. Initially launched in Kolar, this initiative will be expanded statewide in the coming months, further enhancing access to quality healthcare across Karnataka."

Dr. H Sudarshan Ballal
Chairman, Manipal Hospitals
The government is actively supporting the growth of medical tourism, recognising the need for further promotion of this sector. Bengaluru's favourable climate, safety, and technological advancements have been pivotal in establishing the city as a leading global medical hub. In the years ahead, even individuals from developed nations are expected to seek treatment in Bengaluru. Karnataka continues to lead in offering a comprehensive range of medical treatments, ensuring it remains at the forefront of the healthcare industry."

Dr. Sharan Prakash Patil
Minister of Medical Education and Skill Development
" Karnataka offers abundant opportunities for the growth of medical tourism, supported by a skilled workforce and advanced technology necessary for global medical tourism. Our state is home to numerous medical colleges and is exploring the establishment of more colleges in districts that currently lack them. In the near future, specialised units of renowned institutions like Kidwai and NIMHANS will be set up across various departments. Developing essential infrastructure in the healthcare sector is a complex challenge that will require strong public-private partnerships to succeed."

Ramesh Aravind
Actor
Bengaluru has made its mark globally in healthcare. Quality services are available even at government hospitals. We have no shortages. Trust in the healthcare sector is crucial, and maintaining that trust should be a top priority."

Dr. S. Vijayabaskaran
Executive Director, Kauvery hospital
In May 2024, Kauvery hospital conducted health screenings for 25,000 individuals to evaluate lifestyle diseases. Among them, 45% were between the ages of 30 and 40, and many had never undergone tests for blood pressure or diabetes. A big portion of these individuals was found to be suffering from hypertension. It is essential for both government and private hospitals to collect such data, as it plays a crucial role in research. Even small-scale research can lead to impactful results. Hospitals must prioritise this area of focus. Bengaluru is at the forefront of advancements in robotic technology."

Dr. Chetan Raju
Director, Vaidyog
The Vaidyog App has been created to assist those looking for employment in the medical field. Through this app, one can search for job vacancies in the medical sector across various locations. Similarly, hospitals can share information about available positions. By downloading the app, users will have comprehensive information about job opportunities at their fingertips.

Lifetime achievement award recipients

"Government medical colleges should offer IVF facilities. Early planning can benefit students' learning while also aiding many childless, economically disadvantaged families. Treatments should be free for BPL cardholders and offered at subsidised rates for APL cardholders, with medicines provided free of charge. Including these treatments under ESI and health insurance schemes would make a significant impact. Receiving this Lifetime Achievement Award inspires me to work even harder."
Padma Shri Dr. Kamini Rao,
Co-Founder and Chairman of Dr. Kamirao Hospitals.
(Gynecology and Reproductive Medicine)

"Bengaluru has already established itself globally in ophthalmology. People from developed countries also visit the city for treatments, benefiting from quick recoveries after eye surgeries. This enables patients to return home sooner. Compared to 10-15 years ago, there have been significant improvements in basic infrastructure. If the government reduces GST on medical equipment, it would be even more beneficial. I sincerely thank Vijay Karnataka and Bangalore Mirror for honouring me with the prestigious Lifetime Achievement Award."
Dr. Y.L. Rajashekar,
Medical Director and Founder of Shekar Eye Hospital.
(Ophthalmology)

"The medical profession is closely tied to the community, and I have always strived to do the best work possible. Along with awarding me this honour, the initiative to bring government and private hospitals together to discuss necessary changes in the medical field is commendable. Such discussions can lead to improved healthcare services for the public. It is essential for the government to act on these deliberations. By collaborating with private hospitals, the government can make advanced treatments accessible to the general public."
Dr. Mohan Keshavamurthy,
Principal Director of Urology, Uro-Oncology, Andrology, Transplant, and Robotic Surgery at Fortis Hospital.
(Urology & Kidney Transplant)

TECHNOLOGY ENHANCES PRECISION IN HEALTHCARE

The VK-BM Health Excellence and Conclave brought together experts to discuss advancements in healthcare technology, robotic surgeries, advanced IVF techniques, and government healthcare initiatives. The event shared insights into the future of medicine.

Robotic Surgery: Precision Redefined

About robotic surgeries, Dr. Mohan Keshavamurthy, Director of Urology, Uro-Oncology, Andrology, Transplant, and Robotic Surgery at Fortis Hospital emphasised, "Robotic surgery ensures greater precision and reduces the need for prolonged post-operative care. It allows patients to recover faster. The future holds more promise with telemetry surgeries, where surgeries can be performed remotely from different parts of the world."

3D Printing: Simplifying Complex Procedures

Dr. Pramod S. Chinder from Yellow Ribbon Institute shed light on the role of 3D printing in simplifying surgeries. He noted, "3D printing has revolutionised medical procedures by identifying the root cause of diseases and enabling precise surgical planning. It saves time and contributes to faster recovery."

Advancements in IVF Technology

Dr. Sneha Shetty, Chief of Vriksh Fertility highlighted the progress in IVF treatments over the past decade. She shared, "The IVF domain has seen remarkable advancements, improving success rates. Awareness among childless couples has grown. Bengaluru has emerged as a leading city in the country for IVF technology."

Government Initiatives

Dr. Triveni. M.G, Director, Health and Family Welfare Services, discussed the government's commitment to adopting cutting-edge technology. She stated, "The government is developing systems where patient-doctor interactions are automatically documented, ensuring the collection of patient data. This enables easy access to medical history. Also, initiatives like Ayushman Bharat ensure free treatments in government hospitals, making quality healthcare accessible to all." The conclave highlighted how collaborations between the private and public sectors can create a robust healthcare system for the future.

CONGRATULATIONS

Dr. Amit Rauthan
HOD & Consultant - Medical Oncology Haematology & Haemato-Oncology, Manipal Hospitals, Old Airport Road (Immunotherapy in Cancer Management)
"The recognition and award from VK and BM have increased my sense of responsibility. It has motivated me to work with even greater enthusiasm and dedication."

Dr. Ashok Kumar P.
Renowned orthopedic surgeon specialising in joint replacement surgery. (Joint Replacement Surgeries and Geriatric Orthopedics)
"It brings me great joy to be recognised for simply fulfilling my duty of healing patients. I am deeply honoured by this acknowledgment."

Dr. Y.S. Madhavi, Radiation Oncologist, Bharat Hospital and Institute of Oncology, Mysuru. (Radiation Oncology)
"I sincerely thank VK and BM for honouring those of us working quietly behind the scenes. This recognition has fuelled my passion to provide even more effective treatment to our patients."

Shwetha K. Gowda
Founder and Managing Director, Cura Hospitals (Multispeciality Hospitals)
"Recognition and respect for small achievements serve as a great source of inspiration to achieve even greater success. VK and BM deserves commendation for their continued support in this regard."

Dr. Srinivas JV
Lead Senior Consultant & Joint Replacement Surgeon at Aster RV. (Robotic Orthopaedic Surgery)
"The love and trust that people place in the medical profession feel like a true blessing. In such moments, receiving an award from VK and BM for recognising our service brings immense joy."

Kadyada Dr. Arun and Kadyada Dr. Shravya Arun
Arun Bhadram Nature's Clinic, Super Specialty Acupuncture Centre. (Super Speciality Acupuncture)
"There is a lack of awareness about acupuncture treatment. We are thankful for the recognition and grateful to VK and BM for honouring us alongside other esteemed doctors."

Dr. Manjunath Haridas
Consultant-Colorectal, GI Surgery & RoboticSurgery, Manipal Hospitals, Whitefield. (Colorectal, GI Surgery and Robotic Surgery)
"We are committed to raising awareness about the significance of robotic surgery. Receiving this prestigious award has brought us immense joy."

Manjula A. Patil, Renowned Gynaecologist and Obstetrician. (Women Health Care)
"My journey in the medical profession began with the purpose of serving society. Therefore, we strive to offer as much service as possible. Being recognised and honoured for our service is a great honour for our profession."

Dr Naeem Sadiq, Neurologist & Medical Director, Plexus. (Neurology)
"Receiving an award from VK and BM, two prestigious newspapers in the state, is a matter of great pride, even more so than any award from organisations or institutions."

Dr. Naveen Kumar LV
Chief of Institute of Orthopedics & Sports Medicine - Senior consultant - Orthopaedics Sports injury specialist Arthroscopy and Robotic joint, Manipal Hospitals, Sarjapur road. (Sports injury Surgeries)
"The award has given me the encouragement to continue my work with greater enthusiasm. It is commendable how VK and BM are recognising and honouring achievers."

Dr. Pavan TP, Prosthodontist, Credence Dental. (Dental Health Care)
"Dental professionals are often overlooked, and in such times, receiving recognition from VK and BM for my work in the profession is truly a matter of great pride."

Pooja Siddharth Rao
Co-Founder and Managing Director of Medline Academics. (Health Care Education)
"It is encouraging to see VK and BM recognising not only doctors but also those involved in medical education. This recognition has motivated professionals like me in the medical education sector."

Dr. Pramod S Chinder
Founder, The Yellow Ribbon. (Children Sarcoma - Bone Cancer)
"Receiving this award has brought great joy. It has inspired me to continue my social work with even more determination."

Dr. Prathiba Govindaiah
Fertility Specialist and Gynecologist Janya Fertility. (Advance Fertility Care)
"Anyone can achieve success, but by recognising achievers and awarding them, VK and BM have made a significant contribution in motivating others."

Dr. Purnima Manjunath
Radiologist, Santosh Hospital & Diagnostics. (Radiology)
"This award is an honour for my service to society. The recognition and encouragement from VK and BM has given me a boost, inspiring me to accomplish even greater things. It has also created opportunities for further success."

Dr. Leelamohan PVR
MBBS, MD (GENERAL MEDICINE), MHA,(Fellow ship in diabetes) Medvarsity (UK). (Diabetology and Endocrinology)
"This award is a testament to excellence in work. I dedicate it to all those who inspired and motivated me along the way. This recognition fuels my drive to achieve even greater milestones."

Dr. Ravichandra Kheikar
Orthopedic Surgeon, Manipal Hospitals, Hebbal. (Orthopedic Surgery)
"Receiving this award feels like a lifetime achievement. I hope such recognition continues to honour many more achievers, inspiring others to step forward and make their mark."

Dr. Rekha Rajesh, Vijay Srishti Fertility Center (IVF and Reproductive Medicine)
"Children hold a very special place in everyone's life. Fulfilling the dreams of couples is our work, and this award recognizes our efforts, motivating us to achieve even more."

Dr. Sneha Shetty, Expert fertility specialist, Vriksh Fertility. (IVF Treatments)
"Women have excelled in various fields across the nation. Recognizing and encouraging women achievers is commendable. This award has increased my responsibilities."

Dr. Sunil Richardson, Oral and Maxillofacial Surgeon Richadsons Face Hospital. (Facial Plastic Surgery)
"Motivation and encouragement are essential for achievers. VK and BM's genuine and thoughtful efforts in this regard are truly unforgettable."

Dr. S. Vijayabaskaran, Executive Director, Kauvery hospital. (Robotic Surgery, Advanced Robotic and Regenerative Joint Care)
"VK and BM are not just newspapers delivering news but also entities that undertake numerous socially responsible initiatives. Identifying and honouring achievers is a matter of pride. Receiving this award today, acknowledging my achievements, brings me immense joy."

Dr. Anil Bidri, Director & CEO at SoCURE group of Hospitals. (Super Specialty Chain of Hospitals in Rest of Karnataka)
"Recognizing and encouraging achievers is a remarkable initiative. This award has provided further motivation to serve society better."

Dr. Pradeep Kumar J.K., Gastroenterologist Sushodha Institute of Gastroenterology, Shivamogga. (Gastroenterology Super speciality hospital)
"It is heartening to see that not just doctors from a metropolis like Bengaluru but also those from Tier-2 cities are being recognized and honoured with awards."

Dr.Shwetha Y Baratikkae, Janisthaa IVF. (Infertility Treatments)
"There are many achievers in society. The work of VK and BM in identifying, honouring, and encouraging such individuals is truly commendable."

Rishina Bansal and Navin Desai
Founders, Archish IVF. (Ethical Fertility & Patient Care)
"Consistent encouragement like this will inspire achievers to accomplish even more. Let the recognition of achievers continue endlessly."

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'Younger children from socially weaker sections most vulnerable'

CONTINUED FROM PAGE 1

of rape and murder has been registered under murder and POCSO cases section 4 and 6.

According to the latest police data, rape cases in the city have increased by 3% in 2024 as compared to cases reported in 2023. These numbers, however, fail to capture the full extent of the suffering, the shattered lives, and the enduring trauma that these heinous crimes inflict.

Since the enactment of the 2012 POCSO Act, there has been a noticeable rise in reported rape cases, but it is it difficult to discern whether there is actual increase in incidents because there isn't so much effort to increase awareness on POCSO Act. Experts say that while we still don't know how many cases haven't been reported, it's hard to measure the increase or decrease in crime rates.

"While older age groups report higher numbers of rape cases as per the NCRB reports of POCSO cases, younger children remain particularly vulnerable, especially in impoverished and socially weaker sections of society. These areas often lack adequate security, and the proximity of closed neighbourhoods creates more opportunities for crime. The situation is more precarious in families where both parents must work, leaving children unsupervised and exposed to potential harm. Poverty increases vulnerability to sexual abuse," said Shruthi Ramakrishnan, Associate Director, Research, Enfold Proactive Health Trust.

Ramakrishnan further explained that the increase in cases can be attributed to several factors, including a rise in reporting compared to earlier times and greater awareness of law. She urged that efforts not only focus on responding to incidents of sexual abuse that have already occurred but also on strengthening prevention measures.

Dr Sangeeta Saksena, co-founder of Enfold Proactive Health Trust, told

BM, "Campaigns, by their nature, are short-term solutions and cannot fully address deeply rooted socio-cultural factors. These factors permeate all aspects of society and require long-term, sustainable interventions. The key lies in fostering respect for one's own body and others', moving away from shame and stigma. A lack of such respect often fuels violations, whereas promoting alternative practices like masturbation and fostering a culture of consent can reduce risk and harm to others."

Saksena said that the issue extends beyond external perpetrators; many cases of child sexual abuse occur within the home, making the problem even more insidious. "When the abuser is a family member, like a brother, the stigma and shame often silence victims, and justice remains elusive. While external offenders face punishment, intra-family abuse frequently goes unreported. In some instances of adolescent sexual expression, laws like POCSO are misused. Breaking the cycle requires dismantling the shame and stigma surrounding sexuality, holding offenders responsible and accountable and empowering victims to speak out and seek justice," she said.

Migration risks

Migration often disrupts the social fabric that holds individuals accountable for their actions, experts said. In familiar environments, there is usually someone vested in keeping an eye on the person and intervening when wrongdoings occur. "However, in an unfamiliar city, anonymity becomes a cover for the offender, granting them a sense of power and impunity. They exploit the lack of social restrictions and accountability, believing no one will question or catch them. The absence of a supportive social network further exacerbates the issue," she said.

The experts said the problem lies in the lack of comprehensive sexuality education, misguided attitudes toward sexuality, and deeply ingrained stigma, shame, and silence. "These issues are rooted in centuries of patriarchal norms, where women were systematically silenced and shamed, a legacy that persists even today. Addressing these challenges requires breaking down these long-standing barriers and fostering openness, education, and accountability within society," Saksena added.

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CHANGE OF NAME

I, ASHWIN HARIKUMAR, Residing at No. A-308, Vijaya Lakshmi Apartment, 4th Cross Abbaiah Reddy Layout, Keggadasapura, C V Raman Nagar, Bengaluru-560093, have changed my name to ASHWINI HARI, Vide affidavit dated: 13.01.2025 before notary V. RAJASHEKHARA, Bengaluru.

I, Devin S/o, Paras Haria R/o 101 Rcm Grand, Indore, M.P - 452003 have changed my name to Devin Haria for all purposes.

I, Nayeemudden Abdul Jabbar R/o No.236/1, 3rd cross, Umarbagh layout, JP Nagar, Bengaluru 560078 have changed my name to Nayeemuddin Affidavit Dt.13/01/2025 notary Harisha G, B'luru

I, SAMUEL SANTOSH DEENA DAYALAN, Residing at Flat No.102, 2nd Floor, YD Pearl Apartment, 6th Cross, Chickbanaswadi, Bengaluru-560033, have changed my name to SAMUEL SANTOSH, vide affidavit dated: 10.01.2025, before Notary R. VISHWANATH, Bengaluru.

I, Adarsh Gunjal S/o Vijayakumar S Gunjal, R/o Flat #6, Green Castle Apartments, Angol Road, Belagavi- 590006, have changed my name to Adarsh Vijayakumar Gunjal

I, Khuteja Asma R/o E-139, No.287, Ummerbagh layout, 100 feet ring road, Abids road, Bengaluru 560078 have changed my name to Khuteja Asma Abid Affidavit Dt.13/01/2024 notary Harisha G, B'luru

I, Mohit Kumar R/o Jal 1504, Unicca Emporis Apts, Sorahun -ase, Varthur Main Rd, Vartur, Bangalore-560087 have changed my minor daughter's name from Paahii Kumar to Prisha Kashyap for all purposes

I, Nirmal Kumar R/o No.178/2, ORC 1st main, Rudrappa Garden Viveknagar, Bengaluru 560047 have changed my name to Nirmal Kumar Manoharan (Nirmal Kumar M) Affidavit Dt.13/01/2025 notary Harisha G, B'luru

I, Vedant Saurabh Jagetiya S/o, Saurabh Jagetiya R/o C/508, Keerthi Signature Apt. Itpb-whitefield Rd. Whitefield-560048 Bengaluru have changed my name to Vedant Jagetiya for all purposes.

I, Syeeda Muther Banu W/o Naseeruddin R/o #245, 31st Cross, Tilaknagar Jayanagar B'lore-560041 have changed my name to Syeeda Muthar Banu

LOST & FOUND

I, Kanthanna, residing at Flat No. 101, 1st Floor, VKNS Arcade, Jnana Bharathi, Mariyappana Palya Main Road, Ullalu, Bengaluru, have lost Original Sale Deed of Katha No. 33/2B and Document No. BNG(U)-KNGR/31135/2005-2006 on 10.12.2024 near Kengeri. Finders please contact: 8197042845

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Lake raises a stink

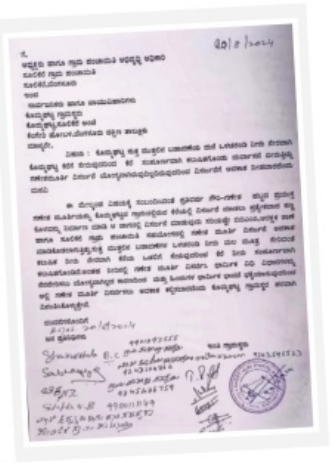
CONTINUED FROM PAGE 1

hour is to find a solution as early as possible," said Kumar.

He also expressed concern over the bad condition of an idol immersion pond adjacent to the lake. "The Sulikere Gram Panchayat put up a banner announcing the idol immersion pond maintenance fees. They collected the specified fees from those who immersed Ganesha idols but did nothing to keep the immersion pond clean. The pond is now filled with silt and garbage. It is not only an eye sore but also a breeding place for mosquitoes. I appeal to the authorities to clean the immersion pond without any delay," he said.

Panchakshari KS, a member of Sulikere Gram Panchayat, said that he has raised the issue during the meeting. "I have appealed to Sulikere Gram Panchayat Development Officer to take measures to ensure there is not stench from the water body. I came to know that Bengaluru Water Supply and Sewerage Board (BWSSB) is constructing a sewage treatment plant (STP) to facilitate letting treated water into the lake," he said.

However, Sulikere Gram Panchayat Development Officer Veerabhdraswami said the lake does not come under Panchayat limits. "The BDA has to maintain the lake. I have already contacted the BDA engineer



who told me the construction of the STP is in progress. I came to know that it will take one year to one-and-half years to complete the STP's construction. I know that it will be difficult for the residents to cope with the smell, but I am helpless. The authorities concerned have to take measures to divert sewage. I hope the authorities will take measures to prevent sewage entering into the lake," the Panchayat Development Officer said.

Shadow over childhood

Children with traumatic experiences have higher risk of obesity – but this can be turned around

Children with traumatic experiences in their early lives have a higher risk of obesity. But as our new research shows, this risk can be reduced through positive experiences.

Childhood traumatic experiences are alarmingly common. Our analysis of data from nearly 5,000 children in the Growing Up in New Zealand study revealed almost nine out of ten (87%) faced at least one significant source of trauma by the time they were eight years old.

Multiple adverse experiences were also prevalent, with one in three children (32%) experiencing at least three traumatic events.

Childhood trauma includes a range of experiences such as physical and emotional abuse, peer bullying and exposure to domestic violence. It also includes parental substance abuse, mental illness, incarceration, separation or divorce and ethnic discrimination. The consequences of these experiences were far-reaching. Children who experienced at least one adverse event were twice as likely to be obese by age eight. The risk increased with the number of traumatic experiences. Children with four or more adverse experiences were nearly three times more likely to be obese.

Notably, certain traumatic experiences (including physical abuse and parental domestic violence) related more strongly to obesity than others. This highlights the strong connection between early-life adversity and physical health outcomes.

Connecting trauma to obesity

One potential explanation could be that the accumulation of early stress in children's family, school and social environments is associated with greater psychological distress. This in turn makes children more likely to adopt unhealthy weight-related behaviours.

This includes consuming excessive high-calorie "comfort" foods such as fast food and sugary drinks, inadequate intake of nutritious foods, poor sleep, excessive screen time and physical inactivity. In our research, children who experienced adverse events were more likely to adopt these unhealthy behaviours. These, in turn, were associated with a higher risk of obesity.

Despite these challenges, our research also explored a promising area: the protective and mitigating effects of positive experiences.

We defined positive experiences as:

- parents in a committed relationship
- mothers interacting well with their children
- mothers involved in social groups
- children engaged in enriching experiences and activities such as visiting libraries or museums and participating in sports and community events
- children living in households with routines and rules, including those regulating bedtime, screen time and mealtimes
- children attending effective early childhood education.
- The findings were encouraging. Children with more positive experiences were significantly less likely to be obese by age eight.

For example, those with five or six positive experiences were 60% less likely to be overweight or obese compared to children with zero or one positive experience. Even two positive experiences reduced the likelihood by 25%.

How positive experiences counteract trauma

Positive experiences can help mitigate the negative effects of childhood trauma. But a minimum of four positive experiences was required to significantly counteract the impact of adverse events.

While nearly half (48%) of the study participants had at least four positive experiences, a concerning proportion (more than one in ten children) reported zero or only one positive experience.

The implications are clear. Traditional weight-loss programmes focused solely on changing behaviours are not enough to tackle childhood obesity. To create lasting change, we must also address the social environments, life experiences and emotional scars of early trauma shaping children's lives.

Fostering positive experiences is a vital part of this holistic approach. These experiences not only help protect children from the harmful effects of adversity but also promote their overall physical and mental wellbeing. This isn't just about preventing obesity – it's about giving children the foundation to thrive and reach their full potential.

Creating supportive environments for vulnerable children

Policymakers, schools and families all have a role to play. Community-based programmes, such as after-school activities, healthy relationship initiatives and mental health services should be prioritised to support vulnerable families.

Trauma-informed care is crucial, particularly for children from disadvantaged households who face higher levels of adversity and fewer positive experiences. Trauma-informed approaches are especially crucial for addressing the effects of domestic violence and other adverse childhood experiences.

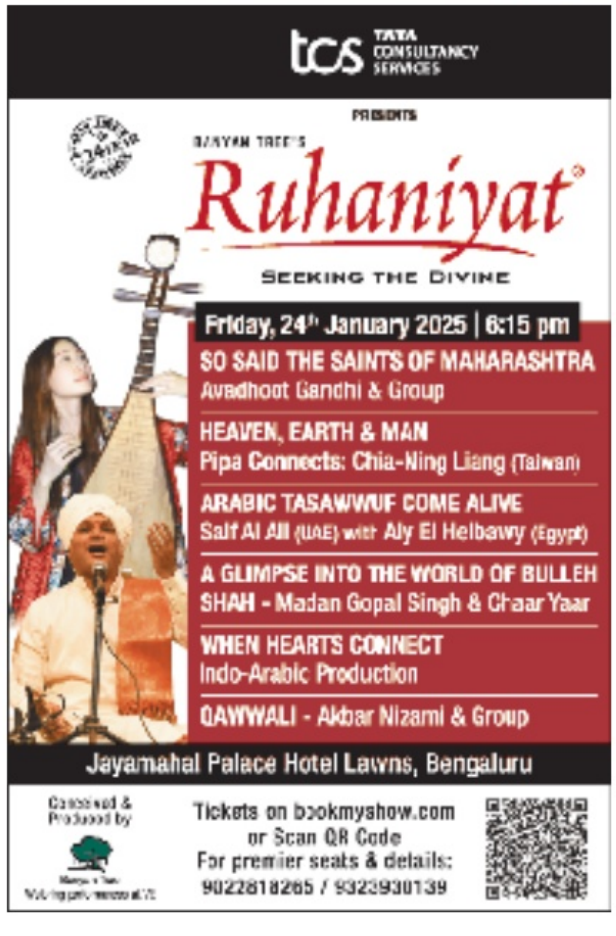
Comprehensive strategies should prioritise both safety and emotional healing by equipping families with tools to create safe, nurturing environments and providing access to mental health services and community support initiatives.

At the family level, parents can establish stable routines, participate in social networks and engage children in enriching activities. Schools and early-childhood education providers also play a key role in fostering supportive environments that help children build resilience and recover from trauma.

Policymakers should invest in resources that promote positive experiences across communities, addressing inequalities that leave some children more vulnerable than others. By creating nurturing environments, we can counterbalance the impacts of trauma and help children lead healthier, more fulfilling lives.

When positive experiences outweigh negative ones, children have a far greater chance of thriving – physically, emotionally and socially.

(By Ladan Hashemi, University of Auckland, Waipapa Taumata Rau, The Conversation)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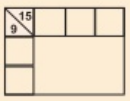
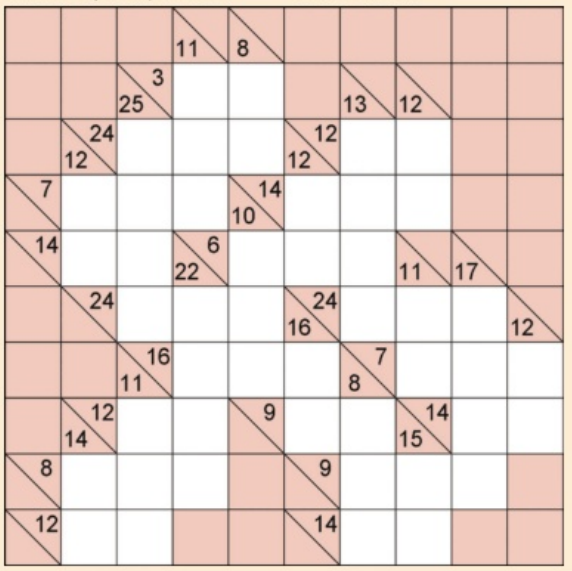
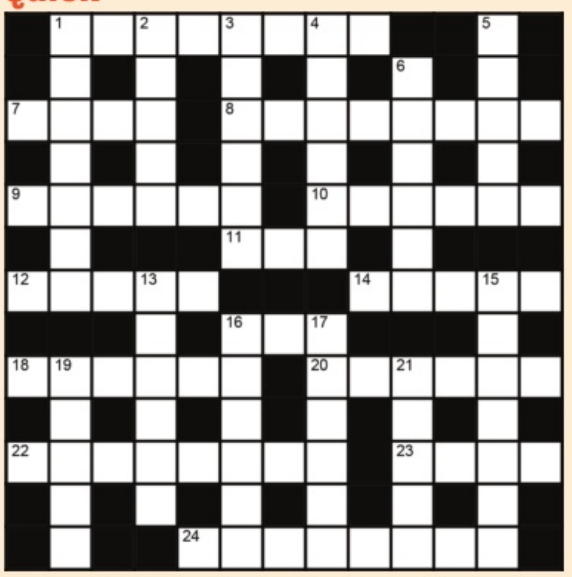


Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 A share of profits (8)
7 Sports channel (4)
8 ___ at / located at? (8)
9 Gilded bronze; a gold-coloured alloy (6)
10 String of beads (6)
11 Feel remorse for (3)
12 Famous horse-race (5)
14 Establish as true (5)
16 Standard aaaaOperating Procedure, acronym? (3)
18 Canopied seat on an elephant's back (6)
20 Mad (6)
22 Tanker distances (3,5)
23 Not at all stuffy (4)
24 Extremely healthy? (4,4)

DOWN

1 Merit (7)
2 Ex-India captain Mankad (5)
3 Capital of Assam (6)
4 Disposition (6)
5 Diaphanous (5)
6 Former Egyptian president (6)
13 Karnataka tourist destination known for its sculptures and red sandstone cliffs (6)
15 Abdominal (7)
16 Defer consideration of (6)
17 Dirty animal shed (6)
19 Kilns or oasts (5)
21 The viper is our only poisonous one (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: I EQUALS S

B IJKNRV, ONIMJMWY IYAG-MZBVY MI JCY SYIJ ONIIMSAY OKYOBKBJMNR GNK IDQQYII.

Linemaro

That dress looks great on you

Mindchow

You can take a chance with any man who pays his bills on time

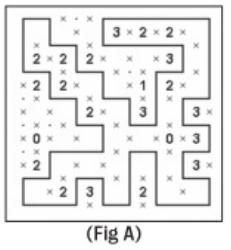
Joke of the day

If you want to be remembered when you die, borrow money from everyone you know

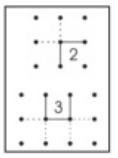
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

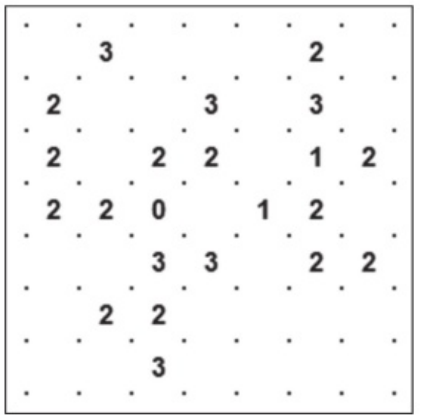


(Fig B) Not Allowed

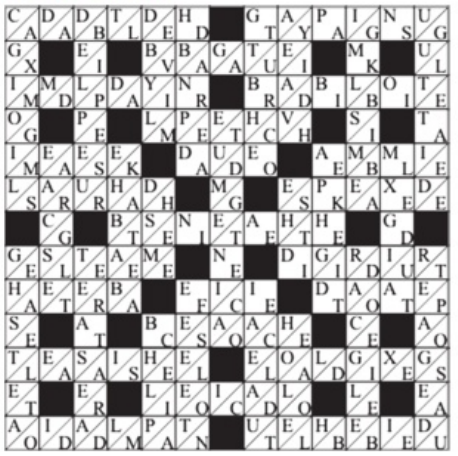
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6 M				
7				
8				
9				

ACROSS

1 Of alu; 6 Mo lot; 7 Oiled; 8 Riles; 9 Stone

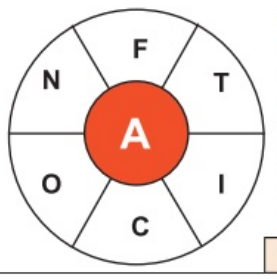
DOWN

1 Or ATM; 2 Of ILO; 3 Dolen; 4 Tuile; 5 Sloes

Mensapuzzle

Which number replaces the question mark and completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

07 Average; **08** Good; **10** Outstanding

SudokuChallenge

9	5						3	6
	4			8			9	
		1				8		
8	3		2		5		6	7
7	6		1		8		5	4
		6				4		
	2			1			7	
5	1						2	3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 19

3 3 5 8

Medium = 3

2 3 5 7

Hard = 24

2 5 9 4

Hocusfocus

Find at least six differences in details between panels.

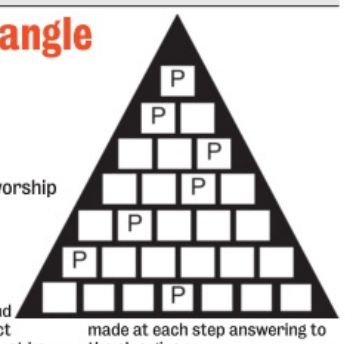
Differences: 1. Elbow patch is different. 2. Hat is different. 3. Lapel is missing. 4. Tie is different. 5. Mouth is different. 6. Sign is larger.

Riddler

The following are clues that describe words containing an "ant". The clues do not refer to the words themselves, rather they refer to the word that must be added to the "ant". The ant may appear at the beginning or the end of the word. 1. This ant will rely on you. 2. The end of an ant's tro/Users. 3. The first ant.s.tif

Alpha triangle

1 Parking sign
2 Dad
3 Plant juice
4 Headwear
5 Room
6 Puts in position
7 Small places of worship



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

POPEYE! MS. BUNNY BANK IS GONE!
IT'S OLIVE'S FAULT....SHE WAS NASTY TO HER!
I ONLY TOLD HER WHERE WEST WAS!
IT WAS NICE OF THAT MIDDLE-CLASS LADY TO POINT ME IN THE RIGHT DIRECTION!!
SOB!
WOE!
4-19
popeye.com

Bizarrotrip

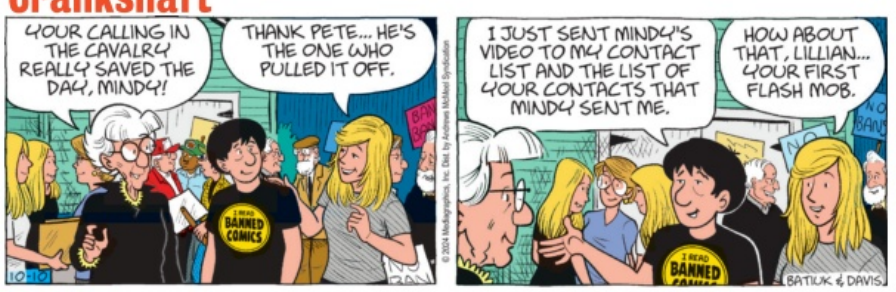
Wayno & Piraro 10-10-24
BIZARRO.COM
Attention all units: The escapees were last seen wearing seersucker prison jumpsuits.
LAW & ORDER: MISSISSIPPI

Diamond Lil

Hart of the city

I GOT A NEW LENS FOR MY TELESCOPE. WANNA COME OVER AND USE IT?
YEAH! I DON'T KNOW HOW TO USE ONE, BUT I CAN LEARN!
JUST GIVE ME TWO HOURS WITH VIEWTUBE, AND I'LL BE AN EXPERT.

Crankshaft


YOUR CALLING IN THE CAVALRY REALLY SAVED THE DAY, MINDY!
THANK PETE... HE'S THE ONE WHO PULLED IT OFF.
I JUST SENT MINDY'S VIDEO TO MY CONTACT LIST AND THE LIST OF YOUR CONTACTS THAT MINDY SENT ME.
HOW ABOUT THAT, LILLIAN... YOUR FIRST FLASH MOB.
BANNED COMICS
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You may feel healthy today, with old ailments showing improvement. Good news from a close relative could brighten your mood. At work, your performance will shine, and colleagues may assist you with critical projects. Trust in your subordinate staff could grow, enhancing your social prestige. Positive developments in a legal matter are also likely.

Taurus Apr 21 – May 20
Today, your focus will be on your children's education and career, possibly bringing good news regarding their academics. However, lovebirds should practice patience in their relationships. Avoid risky investments as they could result in losses. Meditation and yoga, or chanting mantras can help you navigate the day's challenges effectively.

Gemini May 21 – Jun 21
Dissatisfaction may trouble you as your hard work doesn't yield the expected results, leaving you disappointed. Carefully review all documents before signing any contracts or papers. Investments in assets are possible, but follow your intuition when making decisions about fixed assets. Overworking could strain your domestic life, causing you to arrive late to family or social events.

Cancer Jun 22 – July 23
Social gatherings and family occasions will keep you busy today, helping to expand your network. A short work-related trip could be on the cards. Disputes with siblings or friends may resolve, and colleagues will likely support you in completing challenging projects. Self-confidence will drive you to accomplish tasks, but patience is advised when interacting with others.

Leo Jul 24 – Aug 23
Implementing new plans in your family business may yield gains shortly. Social and family gatherings will also occupy your time. You might spend on creative items or artefacts to renovate your home, boosting your social status. Pay attention to health issues related to your teeth, ears, eyes, nose.

Virgo Aug 24 – Sep 23
The moon's blessings bring happiness and energy, allowing you to enjoy your daily work. Your vitality will help you make difficult decisions, leading to increased profits. A short work trip is likely, and colleagues will support you in meeting deadlines. Students may find better focus in their studies. Watch your eating habits to avoid stomach issues.

Libra Sep 24 – Oct 22
You might feel dull and sleeplessness could impact your mental and physical health. Family health concerns may also weigh on you. Spending on unnecessary items might strain your savings. Stay vigilant against conspiracies and keep an eye on your adversaries.

Scorpio Oct 23 – Nov 22
Past investments could yield profitable returns today. You'll find success with minimal effort, and obstacles will dissipate. Your financial status is likely to improve, with new income sources emerging. Couples may receive good news about children, adding joy to their day.

Sagittarius Nov 23 – Dec 22
Meeting someone influential could bring positive growth to your business or career. Losses may turn into profits with the help of destiny, and your financial health will stabilise. Lovebirds might make important decisions about marriage, and singles could meet their soulmate.

Capricorn Dec 23 – Jan 20
Situations are under control today, and Jupiter's blessings bring opportunities for important positions or promotions at work. You may feel drawn to religion and mythology, strengthening your thoughts and boosting your confidence. An overseas tour might also be on the horizon.

Aquarius Jan 21 – Feb 19
Unhappiness and dullness may affect your performance today. Delays in project completion could impact your professional and domestic prestige. Avoid adventurous trips or rash driving. Lovebirds may face breakups, and job seekers might feel disappointed with the lack of new opportunities.

Pisces Feb 20 – Mar 20
Your performance at work will be excellent today, with strengthened bonds with your boss leading to new responsibilities or promotions. Chronic health issues may improve, and you might receive incentives for your efforts. Disputes with siblings could be resolved, and job seekers are likely to find new opportunities.

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SOLUTIONS

SOLVE IN 1M
(10×11×12) / (1×2×3) = 220

BULL'S EYE
action, antic, cant, coat, fact, FACTION, faint, flat, iota, taco

FAST FIVE

A	F	O	U	L
M	O	L	T	O
O	L	D	I	E
R	I	E	L	S
T	O	N	E	S

RIDDLER
1. dependant, 2. anthem & 3. adamant

STRIKE OUT

O	D	D	M	A	N		T	E	H	E	E	D		
T		E		L	O	C	A	L		L		E		
A	S	S	E	L		L	A	D	I	E	S			
E		A		B	E	A	C	H		C		A		
H	E	R	B		F	I	E		D	O	T	E		
G	L	E	A	M		N		D	I	D	I	T		
	G		B	E	N	E	A	T	H		G			
S	A	R	A	H		G		S	P	E	E	D		
M	E	E	K		D	U	O		A	B	L	E		
O		P		L	E	E	C	H		I		T		
I	M	P	A	I	R		R	A	B	B	I	T		
X		I		V	A	G	U	E		M		U		
A	D	D	L	E	D		T	Y	P	I	N	G		

QUICK

		S												
		N		I		V		T		K		A		
S	E	A	M	I	L	E	S		A	I	R	Y		
		V		A		E		G		N		T		
H	O	W	D	A	H		I	N	S	A	N	E		
		A				S	O	P				E		
D	E	R	B	Y			P	R	O	V	E			
		V				R	U		E					
O	R	M	O	L	U		R	O	S	A	R	Y		
	E		O		P		U		S		E			
E	S	P	N		S	I	T	U	A	T	E	D		
	E		I		A		N		H					
D	I	V	I	D	E	N	D				S			

MENSA PUZZLE
6. For each star, add the outer numbers together and divide by 3 for the left hand, 4 for the centre, and 5 for the right hand, putting the result in the centre.

QUOTE UNCODE
A strong, positive self-image is the best possible preparation for success.

SUDOKU

9	5	8	4	2	1	7	3	6
6	4	3	5	8	9	2	9	1
2	7	1	9	6	3	8	4	5
8	3	4	2	9	5	1	6	7
1	9	5	6	7	4	3	8	2
7	6	2	1	3	8	9	5	4
3	8	6	7	5	2	4	1	9
4	2	9	3	1	6	5	7	8
5	1	7	8	4	9	6	2	3

ALPHA TRIANGLE
p, Pa, Sap, Caps, Space, Places, Chapels.

GO FIGURE
Easy
5 + 3 + 3 + 8 = 19
Medium
5 + 3 – 7 + 2 = 3
Hard
2 + 9 – 5 x 4 = 24

LOOP

KAKURO

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